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Colds mean poisons in the body. It's easy to sweat them out with mustard baths. Soak your whole body in a hot bath with 3 table-spoonsful of Colman's. Or wrap yourself up warm and take a steaming mustard foot bath. Then get into bed right away and perspire. Just try it.

You will find Dr. Mustard's way is the best home remedy... Simple and old-fashioned—but very effective.



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WOMEN AS SENATORS

Mrs. Rose Long Joins Mrs. Hattie Caraway—Mrs. Tom Schall Running

WASHINGTON, Feb. 20: (CP)—Death and gallantry have combined to push ajar the exclusive doors of the Senate for two senatorial widows, and may open them for a third.

(The Senate of Canada also has two married women members, Hon. Cairine Wilson of Ottawa and Hon. Iva Fallis of Bethany, Ont.)

The United States Senate's first and only elected woman member is Mrs. Hattie W. Caraway of Arkansas, who was appointed to the office in November, 1931, after the death of her senator husband, Thad Caraway.

Mrs. Rose Long has been named to succeed her husband, the late Huey P. Long of Louisiana. Mrs. Margaret Schall will campaign in Minnesota for the seat of her late husband, blind Senator "Tom" Schall, recently struck and killed by a motor car.

At the time of her appointment, the naming of Mrs. Caraway was regarded as a courteous gesture. But, when November 1932 rolled around, she took to the hustings on her own and won in a campaign that gained much color from the assistance given by Senator Long, her Louisiana neighbor.

Now Long's widow has joined Mrs. Caraway on the floor, and the Senate for the first time in its history includes two feminine members.

Kept In Seclusion

Appointed by Governor James A. Noe of Louisiana, to fill her husband's unfinished senate term, Mrs. Long is expected to kindle anew the curiosity concerning her which gained little gratification during her husband's incumbency. She seldom appeared with him in public since he feared violence and preferred keeping his family out of danger.

The two women senators, like Mrs. Schall, took an active, although quiet, part in their husbands' political careers. All spent their early married lives actively interested and busy in their homes. And all three are the mothers of three children. In August, 1934, Mrs. Caraway's son, Robert, was killed

WILL SURVEY PLAYGROUNDS

Gyro Club to Get Report on What Is Needed This Year—Other Business at Luncheon

The Prince Rupert Gyro Club, at a business luncheon yesterday with Dr. R. G. Large, president, in the chair, went further into the question of club activities for the year and, after some discussion, decided to have a survey made of playground requirements before embarking on any other form of objective.

The club also discussed plans for the raising of funds for its community service work and left this matter in the hands of a committee consisting of S. J. Jabour, D. G. Borland and T. W. Brown.

President Large and C. W. Dawson, treasurer of the club, were named a budget committee for the year.

A committee consisting of S. J. Jabour and T. W. Brown is taking up certain financial matters with City Commissioner W. J. Alder.

The club decided to be represented at a forthcoming meeting when the question of rehabilitation of the Boys' Band will be taken up. Jack Bulger was named delegate.

Sports will be added to the list of club committees. The club decided to co-operate as far as possible in the Education Week campaign next week, a report on same being presented by Rev. W. D. Grant Hollingworth.

The Gyros will hold two hoedown dances again this year—one in the spring and one in the fall—and will also repeat the midnight show entertainment feature which was inaugurated with such success last fall.

when thrown from a horse.

Mrs. Caraway had to jump feet foremost into speech-making in 1932. She laughs now and admits she was told by Senator Long her first address was the worst he ever had heard. But she wound up the campaign a seasoned "stumper."

Mrs. Long is the type of woman who can grace a mansion as well as a cottage and probably will fit into the Senate as a quiet and interested member. She has no special political plans and hardly could be expected to attempt to follow the uproarious course of her husband. She probably will map her own course as she goes along.

Health Insurance Found Successful

Plan in Cardston, Alberta, Proves Complete Success

CARDSTON, Alta., Feb. 20: (CP)—Sponsors of health insurance plans can point to Cardston's four-year-old medical contract scheme for support in their arguments. Pleased doctors and satisfied patients prove the popularity of the project as it starts its fifth year.

Under the plan a persons pays \$25 in advance and in return that person or anyone in his family will receive medical care throughout the year without further cost. The contract provides medical care for from one to 10 persons in a family. On an average five persons have been insured under each contract.

During the last four years 600 persons have signed contracts. Taking an average of five persons under each contract, 3,000 persons have obtained medical service at a minimum cost of \$5 per year.

Advance payments which assured doctors a regular monthly salary from the contract committee has pleased the two doctors. Between Jan. 1, 1936, and March 1 is the open period when anyone can join the contract, but after March 1 a person will have to wait until Sept. 15 before another opportunity to join is presented.

Man in the Moon

Living high is one of the quickest ways of being brought low.

One of Prince Rupert's high school pupils says "an optometrist is a person who is always cheerful." And yet some people wonder why high school teachers get gray prematurely.

I have often wondered how General Goering and his wife managed to get along. About a year ago he married an actress with an extensive wardrobe and it was announced at the time that he had 85 different uniforms himself. Possibly the house they live in is all clothes closets.

Jake says he believes in co-operation. He points to the banana as an example and shows that every time it leaves the bunch it gets skinned.

BOYS ARE DISCUSSED

(Continued from Page 1)

gent interest, time and money were invested in the proper training of the boys and girls, incalculable harm would be done to their characters and future lives. The home, the church and the community as well as the school had the privilege and the responsibility of sharing in their training and in the providing of wholesome ideals, a wholesome environment and sympathetic guidance so that their lives would be safe morally and physically.

Three Periods

The three general periods through which the boy passes as he grows—namely, infancy, childhood and adolescence—were described with their developing traits and powers. Each period had its peculiar problems. The varied elements in the young boy were not fully coordinated, and although his growing powers developed from within yet these immature powers were subject to infection and harm from his external environment. The sympathetic understanding, study and guidance of parents, especially on the part of the father, were needed to help the boy co-ordinate his developing emotions, feelings, imagination, will and purposes and build them into strong character.

The period of early adolescence from about 11 years to 16 years was one of the most trying and dangerous periods which the boy must pass through. This period should be looked forward to, and parents should prepare themselves by careful study and by looking back to their own youth to understand and adjust themselves to the problems and natural changes which will have to be faced by both parent and adolescent during this period.

For boys of the city, Dean Gibson emphasized the fact that organized games, gymnasium, swimming and other activities, provided by the community, would be more effective and more economical than reformatory methods when trouble had developed.

During the evening David Jones in a very effective negro minstrel costume, sang very pleasingly, and Miss Hazel Hill contributed well-rendered pianoforte solos. Miss Maureen Kirkpatrick was accompanist. After the singing of the National Anthem, refreshments were served and the usual pleasant social hour enjoyed.

Try a Daily News want-ad.

Alberta Horse Dealers Happy

Prices Soar to Highest Level in Years With Prices Steady

CALGARY, Feb. 20: (CP)—Alberta horse dealers are jubilant as prices soar to the highest level in several years and demand continues steady. Good farm horses find a ready market in Eastern Canada and pure-bred animals are snapped up.

Top Percheron stallions are bringing from \$750 to \$800. Coming three-year-olds sell for \$500 and coming two-year-olds about \$350. Ordinary animals are quoted around \$85. Two buyers who took carloads of ordinary farm horses to Eastern Canada returned to round up additional shipments.

Hon. Robert Weir, former Dominion minister of agriculture, has purchased from W. J. Fulkerth of Didsbury, Alta., three Kentucky five-galting saddle mares for his Pincher Creek, Alta., ranch.

POLICE CAT'S RECORD

CALGARY, Feb. 20: (CP)—Tillie the cat has been prolific since she joined the Calgary police force. The latest arrivals—triplets—boosted her total to 88 since she was brought into headquarters seven years ago half-frozen and half-starved.

FLAVOR!
Two or three OXO cubes vastly improve ANY soup

FROM THE NEW CARNATION COOK BOOK



Spinach Mold

- 1 peck spinach, cooked tender and put through grinder
- 3 unbeaten eggs
- 1/4 cup Carnation Milk, undiluted
- 1/4 cup butter
- 1 1/2 cups bread crumbs
- 1/4 teaspoon pepper
- 1 teaspoon salt

Combine all ingredients, turn into a buttered ring mold and steam for 2 hours. Unmold and garnish with hard cooked eggs and carrots. Fill the inside of the mold with mashed potatoes or creamed mushrooms.

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A CANADIAN PRODUCT "from Contented Cows"



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The Carnation Cook Book costs only 25 cents in coin or stamps. Send for your copy today. Carnation Co. Limited, Toronto, Ontario.

"TILLIE THE TOILER"

Heard But Not Seen

—By Westover

BUT WHERE DID THE SILK GO? THE WATCHMAN SAYS HE'S POSITIVE IT WASN'T LOWERED TO THE STREET

YOU'RE RIGHT, AND THE ELEVATOR AND FIRE-ESCAPES ARE OUT, TOO

WELL, IF THEY DIDN'T TAKE THE SILK DOWN—HEY, I GOTTA HUNCH!

GANGWAY! I'M GOIN' PLACES

HEY!

OH, WALLY, ARE YOU HURT? MAC'S A BIT EXCITED

EXCITED! THAT GUY'S GOOFY!

SAY, I HEARD THAT CRACK, WALLY, AN' I'LL BE SEEN! YOU

GOOD GRIEF! IT'S MAC

YEAH, I HEAR HIM, BUT WHERE IS HE?